

# "Underwater Wheels"

## Rice and Veggie Roll-ups

**Makes:** 12 or 48 servings

12 Servings

48 Servings

Ingredients	Weight	Measure	Weight	Measure
Tortillas, whole wheat, 8"		12		48
Spinach leaves		1 cup		4 cups
Carrots, grated		1-1/2 cups		6 cups
Cucumber, cut into strips		1 cup		4 cups
Soy sauce		1/4 cup		1 cup
Rice, white, short grain		1 cup		4 cups

### Directions

1. Cook rice as directed on box.
2. Warm each tortilla in microwave oven for about 10 seconds.
3. Place about 4 spinach leaves in middle of tortilla, followed by 1-1/2 Tbsp of rice.
4. Combine carrots and cucumbers. Place about 1/3 cup of mixture on rice.
5. Fold bottom up and roll from one side to the other.
6. Serve with soy sauce for dipping.

### Notes

Serving Tips:

Try making these with brown rice or fish fillets for a whole new recipe!

### Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>112</b>	
Total Fat	NA	
Protein	3 g	
Carbohydrates	24 g	
Dietary Fiber	1 g	
Saturated Fat	NA	
Sodium	360 mg	